

NUTRITION CARE DIVISION  
[FT CARSON MEDDAC – 3](#)

SUNDAY 29 Aug 04	MONDAY 30 Aug 04	TUESDAY 31 Aug 04	WEDNESDAY 1 Sep 04	THURSDAY 2 Sep 04	FRIDAY 3 Sep 04	SATURDAY 4 Sep 04
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**BREAKFAST:** Fruit♥, juice♥, hot/cold cereal♥, toast♥, English Muffins♥, bagels♥, biscuits, assorted pastries, scrambled eggs, boiled eggs, eggs to order, omelets to order, hash browns, pancakes or french toast, cream cheese, peanut butter, jelly, bacon, sausage, cream beef, country fried steak.

**LUNCHE:**

Soup de Jour Baked Chicken♥ Grilled Ham Steak Steamed Rice♥ Vegetable Medley♥ Corn Cakes, Pies, & Cookies	California Medley Soup Homestyle 7 Bean Soup Pot Roast Gravy Chicken Stir Fry♥ Egg Rolls Steamed Rice♥ Mashed Potatoes Bread Dressing Glazed Carrots Asparagus♥ Hot Rolls♥ Cakes, Pies, & Cookies	Chicken Noodle Soup Black Bean Soup Baked Fish♥ Fried Fish Salisbury Steak Brown Gravy Sweet Potato Soufflé Parsley Rice♥ Summer Squash♥ Green Beans♥ Hot Rolls♥ Cakes, Pies, & Cookies	Tomato Florentine Soup Chicken Tortilla Soup Italian Baked Chicken♥ Tortilla Casserole Spanish Rice Refried Beans Potato Wedges♥ Chuckwagon Veg. Blend Brussels Sprouts♥ Mexican Cornbread Cakes, Pies, & Cookies	Garden Vegetable Soup Chicken Gumbo Soup Southern Fried Chicken Baked Chicken♥ BBQ Ribs Bratwurst Macaroni & Cheese Red Potatoes♥ Seasoned Greens Oregon Vegetable Blend♥ Cornbread Cakes, Pies, & Cookies	Clam Chowder Italian Wedding Soup Grilled Steak Fried Shrimp Blackened Fish♥ Baked Potato Steamed Rice♥ Gravy Cauliflower♥ Club Spinach Dinner Roll♥ Cakes, Pies, & Cookies	Soup de Jour Roast Turkey♥ Pepper Steak Turkey Gravy Bread Stuffing Mashed Potatoes♥ Zucchini♥ Rancho Fiesta Blend Veggies Hot Roll♥ Cakes, Pies, & Cookies
Pasta Bar Chef Salad	Hot Wings Potato/Gyro Bar	Chicken Caesar Salad	Pasta Bar Oriental Chicken Salad	Taco/Nacho Bar Hot Wings Greek Salad	Chef's Salad Hot Wings & Gyro Bar	

**LUNCH :** Salad Bar *Weekdays, Short Order:* Hamburgers, Cheeseburgers, Hot Dogs, Chili Dogs, Grilled Cheese, Grilled Ham and Cheese, Philly Steak Sandwich, Pizza, BLT, Boca Burgers, Grilled Chicken Sandwich, French Fries, Assorted Chips, and Bread, Fruit♥, Ice Cream Novelties

*Weekends & Dinner Meal Short Order:* Hamburgers, Cheeseburgers, Grilled Cheese, Grilled Ham and Cheese, French Fries, and Grilled Chicken Sandwich♥

**DINNER:** “MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY OF MENU ITEMS.”

Soup de Jour Roast Pork♥ Mashed Potatoes♥ Mixed Vegetables Cabbage♥ Cakes, Pies, & Cookies	Homestyle 7 Bean Soup Savory Baked Chicken♥ Rice Pilaf♥ Broccoli♥ Peas & Carrots Cakes, Pies, & Cookies	Chicken Noodle Soup Cornish Hen♥ Chicken Parmasan Gravy Wild Rice♥ Spaghetti Noodles Brussels Sprouts♥ Cakes, Pies, & Cookies	Tomato Florentine Soup Roast Beef♥ Mashed Potatoes♥ Vegetable Gravy Green Beans♥ Cakes, Pies, & Cookies	Garden Vegetable Soup Roast Turkey♥ Stuffed Green Peppers Mashed Potatoes♥ Gravy Broccoli♥ Cranberry Sauce Cakes, Pies, & Cookies	Boston Clam Chowder Baked Fish♥ Schnitzel w/ Mushroom Gravy Parsley Rice♥ Green Beans♥ Mixed Vegetables Cakes, Pies, & Cookies	Soup de Jour Grilled Pork Chop♥ Steamed Rice Baked Potato♥ Carrots Broccoli♥ Cakes, Pies, & Cookies
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<b>HOURS:</b>	<b>BREAKFAST:</b>	Weekdays: 0600-0830 Weekends/Holidays 0630-0830	<b>LUNCH:</b>	<i>Weekdays:</i> Full Menu 1100-1300 Self Service/ Short Order 1300-1400	<b>DINNER:</b>	Full Menu 1600-1730
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MELANIE J. CRAIG, LTC, SP, Chief, Nutrition Care Division

♥ Denotes Heart Healthy Selection, Heart Healthy Meal includes entrée, starch, vegetable, bread, and fruit, and is less than 500 calories and 17g fat (30% fat)